

Anorexia and bulimia Quebec (ANEB Quebec)

April - May 2010

A word of welcome

Welcome to the fifteenth edition of the electronic newsletter of ANEB Quebec. We are pleased to offer this service so that you can stay up-to-date on what's going on at ANEB Québec. Each issue will contain information on the organization, projects or events and on eating disorders in general. We hope that you enjoy this issue: don't hesitate to provide us with your comments and suggestions!

ANEB Quebec Team

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At the ANEB offices

We wish to remind you that On January 21, 2010, during the Annual General Assembly, the board of directors proposed a modification of the organization's name. The proposition is to replace the name: "Association québécoise d'aide aux personnes souffrant d'anorexie nerveuse et de boulimie Québec" with "Anorexie et Boulimie Québec". This proposition was accepted by the members present at the assembly, which confirms the name change of the organization.

"Anorexie et Boulimie Québec" was selected by the members of the board for several reasons: it's a shorter name; it's direct, easy to remember and allows the organization to keep the acronym "ANEB Québec", which is already widely used. Two firms in communications were consulted in this decision process. The board of directors would like to stipulate that this change in no way affects ANEB Québec's commitment to aiding and assisting people suffering from a binge eating disorder.

On the 19th of March, ANEB Quebec moved to its new workplace at the AVON offices located at 5500 Transcanadienne in Pointe-Claire. As ANEB is growing, we need more space and AVON generously offered us the office space ANEB needs. We wish to sincerely thank the West Island Community Resource Center (CRC) where

ANEB had its office since 1998 for the collaboration that made it possible for us to be at 114 Donegani for all those years.

Please note that the phone number for ANEB will remain the same (514-630-0907 / 1-800-630-0907) and that there will be no changes in the locations of the open support groups held in Pointe-Claire. The new address of ANEB will be : ANEB Quebec, 5500 Transcanadienne, Pointe-Claire, Quebec, H9R 1B6.

It is in April and May that we will say goodbye to the interns who have been a part of our team for the last few months : Andréanne Côté-Gauthier and Valérie Habra, students of the Bachelor's of psychology of Université de Montréal, Valérie Collin, student at the Bachelor's of social work of McGill University, Hélène Maillé, student at the Baccalauréat en théologie pastorale de l'Institut de philosophie et de théologie des Dominicains and Estelle Patureau, student in 'Anthropologie des représentations du corps et de la santé' at Université Lumières Lyon 2 in Lyon, France. These interns have been an important part of our team for the last months, we thank them and we wish her great success.

Easter

Please note that ANEB will be closed on Friday April 2nd, Sunday April 4th as well as Monday April 5th because of Easter. The help and referral phoneline will therefore not be available during these days. Please note that the following open support groups will be cancelled :

The open support group for those suffering from an eating disorder given Monday evenings at the CHU Sainte-Justine
The open support group for families and friends given every second Monday in Laval at the CSSS St-Rose

We thank you for understanding.

Document for loved ones (in French) Le soutien aux repas : Guide pour les familles et les amis

It is now possible to buy the document Le soutien aux repas : guide pour les familles et les amis (in French). This booklet is sold for 12\$ and includes important information and tools to face the various situations linked to meals when a loved one is suffering from an eating disorder. This guide is mostly written for loved ones of an adolescent suffering from an eating disorder who needs structure and guidance for meals. It offers information about for example, what is effective meal support and why it is important, strategies to reassure the person with the disorder, how to prepare to offer effective meal support, how support can be offered before, during and after meals, what are good strategies as well as what is not recommended. The attached form can be used to order this book as well as other books by NEDIC (National Eating Disorders Information Center) that provide important information about eating disorders.

New ANEB support groups in Sherbrooke

We are very pleased to inform you of the start of ANEB open support groups in Sherbrooke. These groups will be offered in collaboration with the Centre de Santé des Femmes de l'Estrie : <http://www.csfestrie.qc.ca/>

These groups will be hosted in French and will be held at the Centre de santé des Femmes de l'Estrie located at 6 Wellington Sud bureau 302 in Sherbrooke. The first open support group will be held on Tuesday May 4th from 7 to 9pm and will be an open support group for those 17 and older suffering from an eating disorder. On Tuesday May 11th from 7 to 9pm, the open support group for friends and family will be held at the same location.

The open support groups will alternate : one week it will be the open support group for those 17 and older suffering from an eating disorder and the following week the open support group for friends and family. Please note that these are separate groups, therefore family and friends cannot attend the group for those suffering from the eating disorder and those suffering from the eating disorder cannot be present during the group for family and friends. It is possible to view the calendar and have the information about these groups in the Services Offered – Open Groups of our website.

The support groups are free, no registration is required and people attend based on need and availability. Those interested in participating can arrive at the location of the group a few minutes before 7pm in order to participate.

ANEB is very proud to be able to respond to the need for support in Sherbrooke and the surrounding area. For questions or comments, please communicate with ANEB Quebec at 514-630-0907 / 1-800-630-0907 or info@anebquebec.com

[New ANEB support groups in Trois-Rivières](#)

We are very pleased to inform you of the start of ANEB open support groups in Trois-Rivières.

These groups will be hosted in French and will be held at the Centre Universitaire de Services Psychologiques (CUSP) of Université du Québec à Trois-Rivières. The CUSP is located at the basement level of Pavillon Michel-Sarrazin located at 3600 rue Sainte-Marguerite. The ANEB support groups will be held in room 0014.

The open support groups will alternate : one week it will be the open support group for those 17 and older suffering from an eating disorder and the following week the open support group for friends and family. Please note that these are separate groups, therefore family and friends cannot attend the group for those suffering from the eating disorder and those suffering from the eating disorder cannot be present during the group for family and friends. It is possible to view the calendar and have the information about these groups in the Services Offered – Open Groups of our website.

The first open support group will be held on Monday May 31st from 7 to 9pm and will be an open support group for those 17 and older suffering from an eating disorder. On Monday June 7th from 7 to 9pm, the open support group for friends and family will be held at the same location.

The support groups are free, no registration is required and people attend based on need and availability. Those interested in participating can arrive at the location of the group a few minutes before 7pm in order to participate.

ANEB is very proud to be able to respond to the need for support in Trois-Rivière and the surrounding area. For questions or comments, please communicate with ANEB Quebec at 514-630-0907 / 1-800-630-0907 or info@anebquebec.com

[Planning of new ANEB support groups in Charlevoix](#)

At the end of the month of April, members of the ANEB team will go to Charlevoix in order to meet members of the team of Centre Femmes aux Plurielles. <http://www.cfplus.org/>

This will be an opportunity for professionals of Centre Femmes aux Plurielles to receive an ANEB training about eating disorders. It will also be an opportunity to discuss a collaboration between ANEB and Centre Femmes aux Plurielles in order to offer support groups in Charlevoix for those suffering from an eating disorder as well as for families and friends. We will keep you informed of progress with this project.

[Guest at anglophone open support group for loved ones in Pointe-Claire : Dorita Shemie, social worker at the Douglas University Institute of Mental Health](#)

ANEB Quebec is pleased to invite family and friends of someone with an eating disorder to meet Dorita Shemie, social worker at the eating disorders programme of the Douglas University Institute of Mental Health. This will be an opportunity to have information and tools in order to offer support to a loved one suffering from an eating disorder.

This meeting will take place on Thursday April 22th from 7-9pm during the anglophone open support group for family and friends that is held at 111 Donegani avenue in Pointe-Claire. Please note that the group will be in English only and that it is not possible for those suffering from an eating disorder to attend. The support group is free of charge and no registration is required.

[Guest at anglophone open support group for loved ones in Pointe-Claire : Dr.Franziska Baltzer Director of the Montreal Children's Hospital adolescent and eating disorders clinic](#)

ANEB Quebec is pleased to invite family and friends of someone with an eating disorder to meet Dr.Franziska Baltzer, Director of the Montreal Children's Hospital adolescent and eating disorders clinic. This will be an opportunity to have information about eating disorders, particularly the medical and physical aspect.

Dr.Baltzer will be present on Thursday May 20th from 7pm to 9pm during the anglophone open support group for friends and family that it held at 111 Donegani avenue in Pointe-Claire. .

Please note that the group will be held in English only and that it is not possible for those suffering from an eating disorder to attend. The support group is free of charge and no registration is required.

[Guest at francophone open support group for loved ones in Montreal : Dr.Danielle Tadeo, pediatricist at adolescent medical clinic of the CHU Sainte-Justine](#)

ANEB Quebec is pleased to invite family and friends of someone with an eating disorder to meet Dr.Danielle Tadeo, podiatrist at the adolescent medical clinic of the CHU Sainte-Justine. This will be an opportunity to have information about eating disorders, particularly the medical and physical aspect.

Dr.Tadeo will be present on Wednesday June 20th from 7pm to 9pm during the francophone group for friends and family that it held in room 419 of the YWCA located at 1355 René-Lévesque Ouest in Montreal.

Please note that the group will be held in French only and that it is not possible for those suffering from an eating disorder to attend. The support group is free of charge and no registration is required.

[Training about eating disorders at the Douglas University Institute of Mental Health \(in French\)](#)

Please find attached a document about a training that will take place on Friday May 7th at the Douglas University Institute of Mental Health. In order to register, please communicate with Dorita Shemie at (514) 761-6131, extension 3897 or by email at shedor@douglas.mcgill.ca. We encourage you to register early as space is limited to 100 people.

[Group meetings : Musique de mon être](#)

Please find attached a document with information about a few meetings for those suffering from an eating disorder that will be offered by ANEB.

[Conference Body image, Eating and me](#)

Please find attached a document about the conference [Body image, Eating and me](#) that will be presented by the Argyle Institute (www.argyleinstitute.org) on Thursday April 8th. To register please contact Andrée Dallaire au 514-931-3581

[Invitation to sign La charte québécoise pour une image corporelle saine et diversifiée](#)

ANEB Quebec invites everyone in Quebec to sign La charte québécoise pour une image corporelle saine et diversifiée. Eating disorders are the third chronic illness in adolescents. Preventing eating disorders is a big task as they are caused by biological, psychological, family and social factors. Many studies confirm that obsession with thinness is an important risk factor in the development of an eating disorder, especially during puberty, when the body is changing and does not always fit society's ideals. ANEB Quebec is very pleased that La charte québécoise pour une image corporelle saine et diversifiée is starting a second phase by the creation of this website <http://www.jesigneenligne.com/fr/>

We invite everybody in Quebec to visit the site and to sign the chart. The obsession with thinness as well as extreme thinness is strongly integrated in our society and many efforts will be necessary on order to change the standards of beauty that are presented in the media. This is why we encourage Ministre St-Pierre to continue in this direction.

[images newsletter](#)

That last edition of the images newsletter was published this winter and was about the holidays. The next issue will be published shortly and will be about exercise.

We would like to take this opportunity to invite you to become members of ANEB. The benefits of being a member of ANEB are the following: receiving the *images* newsletter four times a year, having access to a section on our website that is reserved for ANEB members and being able to vote at our Annual General Assembly. Members are essential to ANEB as they are an important source of income for the association and they participate in the vitality of ANEB. For those who wish to become members of ANEB, please consult the Members section of our website or contact us by phone.

If you are interested in becoming involved in the creation of the *images* newsletter, you can contact us at info@anebquebec.com. We wish to create a committee and are therefore seeking people that wish to share ideas, knowledge, skills or a bit of time. You can also contact us at this email if there are any subjects that you would like to see explored in a future *images* newsletter.

[ANEB's pick :Aimons les courbes de la mère project](#)

We invite you to visit the following facebook project :

<http://www.facebook.com/pages/Aimons-les-courbes-de-la-mere/330276693922?v=photos#!/pages/Aimons-les-courbes-de-la-mere/330276693922?ref=ts>

Marie-Claude Guilbault created this project to help mothers feel good about themselves and to prevent the development of eating disorders after a pregnancy because of the pressures regarding their body. She explains that starting from the idea that mothers feel a lot of pressure regarding their physical appearance after a pregnancy and that not much is done to make them feel better about themselves, she created the "Aimons les courbes de la mère" (Let's love mother's curves) project. This group includes pictures of mothers and also texts by mothers about the pressures they feel. The facebook project was created on February 14th and there are already almost 10 000 members !

Thank you for reading the ANEB Quebec's electronic newsletter !

*If you wish to be removed from this mailing list, please write to us at anebnouvelles@hotmail.com by writing **Remove from mailing list** in the subject line. For more information about our organization, please visit our website:
www.anebquebec.com*